

#### ABSTRACT

A method for synchronously transferring an amount of local data from a local data storage medium to a remote data storage medium via a communications link having an available bandwidth is provided. The method includes: evaluating local user conditions associated with transfer of the local data; based on the available bandwidth and the amount of local data, approximating a transfer time for the local data; based on the approximated transfer time, the local user conditions, and a status of the local processor, selecting a time to transmit the local data to the remote data storage medium; and automatically arranging transfer of the local data to the remote data storage medium via the communications link at the selected time.